

In Seabrook

Winter/Spring 2010 *Discipline Series*

*Take the stress out of parenting,
and enjoy your kids!*



Jan. 14—Feb. 18

Discipline that Works

- Why is my child misbehaving?
- Making yourself clear
- Emphasizing the positive
- Helpful vs. hurtful discipline
- Consequences that teach
- Create your own discipline plan

March 11- 25

1- 2- 3 Magic: Stop the arguing, testing and fighting. For parents of children ages 2- 12

April 1- 15

Solve It: Strategies for bedtime, mealtime, homework and chores

Date: Thursdays, Jan. 14—April 15 (except 2/25)

Time: 6–7:30 p.m.

Place: Seacoast Youth Services
867 Lafayette Road

Cost: Free! Pizza and drinks included!

Childcare: Free for ages 12 and under;
advance signup required

More info: www.FamiliesFirstSeacoast.org

Advance signup required! Call 603-422-8208 x2

Presented by:

Families First

support for families...health care for all

In collaboration with:

**Seacoast
Youth Services**

Presented by Families First Health & Support Center in partnership with the Lower Seacoast Youth and Family Coalition. Support for parenting and family programs in the Lower Seacoast comes from the NH Department of Health and Human Services, the Foundation for Seacoast Health, Exeter Hospital, United Way of the Greater Seacoast, the NH Children's Trust Fund, the Fuller Foundation, the Provident Community Foundation, and the Towns of Exeter, Hampton, Seabrook, North Hampton, Hampton Falls.